Daily Devotion – How To (Part 1 of 3)
Sunday February 05, 2023

We are going to spend the next three Sundays talking about "daily devotion". We desire to share some simple practical ways to spending time alone with God and living a life of constant devotion to God.

The Discipline of Daily Devotion

In general, the word devotion denotes love, loyalty, commitment, passion or enthusiasm for a person or activity. It also refers to observances or practices that express one's spiritual devotion to God. In this study we are focusing on our devotion to God and how we nurture a life of daily devotion to our Lord Jesus Christ. We are calling this study "Daily Devotion – A Beginner's Guide" since we wish to share simple practices based on Scripture that all believer's can engage in. Those who are more mature or further along in their spiritual journey may engage in these same practices in a deeper, intense, and extensive manner. However, the practices shared here can be considered as "essential" or "foundational" which all believers, regardless of their stage of spiritual growth and maturity can engage in.

A life of devotion is a life of discipline.
A life of spiritual devotion is a life of spiritual discipline.

1 Timothy 4:7
But reject profane and old wives' fables, and exercise yourself toward godliness.

(ESV) ...Rather train yourself for godliness;
(NASB) ....discipline yourself for the purpose of godliness;

For any of us who have engaged in the discipline of daily physical exercise, we know that there may be days we just don't feel like exercising. But on most days, you just get yourself to go do it. And soon, physical exercise becomes something you enjoy doing. You are conscious of the rewards of physical exercise, and you also enjoy doing it. Similarly, in spiritual disciplines of devotion, we train ourselves in these things. They may be difficult at times, but as we keep at it, these practices will soon become a joy to engage in!

Why Daily Devotion?

Let's begin by clarifying what our motivation is, in nurturing our devotion to God. Why do we seek to spend time along with God and engage in certain spiritual practices and disciplines as part of our life of daily devotion to God?

We will present two important reasons. There are several other reasons we could list.
#1, To know and love God intimately
We maintain a life of daily devotion because our desire is to deepen our personal relationship with the Lord Jesus Christ. The more we know Him, the more we can love Him, worship Him, trust Him, obey, and honor Him in our lives.

#2, To grow strong spiritually
Another important reason we maintain a life of daily devotion is to grow or mature spiritually, in our inner person. This results in our person transformation into Christlikeness, and brings about our spiritual equipping to serve God effectively.

2 Peter 3:18
but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen.

We are to grow (increase) in grace (character, virtue) and in the knowledge (recognizing, knowing, understanding) of the Lord Jesus Christ. This knowledge is not just intellectual knowledge but knowledge, understanding, recognizing that comes through personal relationship.

We Are Primarily Spiritual Beings

We understand that the Bible teaches us that we are primarily spirit beings. We are spirit, soul, and body (1 Thessalonians 5:23).

The human spirit is the 'hidden person' or the real person.

1 Peter 3:4
rather let it be the hidden person (Greek *'anthropos'*) **of the heart, with the incorruptible beauty of a gentle and quiet spirit** (Greek '*pneuma*'**), which is very precious in the sight of God.**

The 'heart' and the 'spirit' are used synonymously to refer to the same inner person or the hidden person (human). This is the real person.

The spirit person has virtues or character traits, such as gentleness, quietness, and hence can possess other traits as generosity, courage, endurance, kindness, and so on. These traits are visible to people, just like the outward adorning. These traits expressed through the soul and body are the true personality of the person.

These virtues are precious or delightful in God's eyes. And these virtues or good character traits are incorruptible beauty, they will never fade away with time.

The hidden person has its own traits and characteristics determining the individual's personality.

We learn in Scripture that the born-again human spirit must be developed and nurtured. We need to grow spiritually. The Bible draws a parallel between the nurturing of the physical body and the nurturing of the human spirit.

The Parallel – the Natural and the Spiritual

Matthew 4:4
But He answered and said, "It is written, 'man shall not live by bread alone, but by every word that proceeds from the mouth of God.' "

1 Peter 2:2
as newborn babes, desire the pure milk of the word, that you may grow thereby,

The Word of God is compared to natural food like milk and bread.

Just as we need natural food to live and grow physically, we need the spiritual food of God's Word to live and grow spiritually.

Let's get into a few practical thoughts here. As part of our daily devotion, we set aside some time to be alone with God. What should we do, during that time alone with God? Here are six simple practices or disciplines we like to share. There are not laws or commandments that we are prescribing. These are not rules, but simple disciplines we see in Scripture that we can practice as part of our devotional lives.

Six Practices During Your Daily Devotion

1, Confession, Cleansing and Casting Cares Aside
2, Thanksgiving and Worship
3, Prayer - Pray in tongues. Pray for specific matters.
4, Confession of the Word
5, Memorize Scripture
6, Meditative Bible Reading

Please note that some may prefer spending time with the Word and then spending time in worship and prayer. This is also fine. Do whatever you feel most comfortable doing.

Let's walk through these six disciplines briefly.

1, Confession, Cleansing and Casting Cares Aside

As you begin your time with God, confess any known sin and receiving the cleansing of the blood of Jesus. Ask the Lord to wash and cleanse you with the blood of Jesus Christ from any sin, known or unknown (1 John 1:7-9).
If there are any cares, troubles, thoughts weighing on your mind, take a few moments to talk to God about them, and lay them aside. Cast your cares aside (1 Peter 5:7). You make a choice to lay them aside and not worry about them. Thank Him that He is handling these matters for you (Philippians 4:6-7).

2, Thanksgiving and Worship
Spend some time thanking God for all the blessings, mercies, goodness you have experienced (1 Thessalonians 5:18). Praise Him. Worship Him. Love and adore Him.

3, Prayer - Pray in tongues. Pray for specific matters.
Then spend some time in just talking to God about things that are on your heart. Pray in tongues. This will strengthen your spirit.

4, Confession of the Word
Declare God's Word over your life. You can use some of the "A-Z Confessions" given in the APC Church App, to help you declare God's Word on specific topics. For example, you may want to confess God's Word over your **body** for healing, over your **finances** for provision, over your **work** for success, over your **travel** for protection, over your **family** for peace and blessing, etc.

5, Memorize Scripture

Memorize Scripture on selected topics. One way to do this is to use the "Faith Builders" section in the APC Church App.

6, Meditative Bible Reading
Then spend a good amount of time meditating in God's Word.
We recommend that you to read the Bible sequentially chapter by chapter, book by book, Matthew to Revelation. Start with the New Testament. Maybe even read the New Testament through about three times. Then get into the Old Testament going from Genesis to Malachi.
Practice meditative reading. Read a passage of Scripture. Contemplate. Visualize. Confess/Pray over its application for your own life.

Example: Mark 14:3-9
The story of the woman who anointed Jesus at Bethany with her expensive alabaster flask of oil.

Inductive Bible Study: Observation, Interpretation, Application

My 7 observations:
Vs 3: SACRIFICE "an alabaster flask of very costly oil of spikenard" *This woman brought something that cost her. She chose not to personally benefit out of it. This was her sacrifice.*
Vs 6: WORSHIP AND DEVOTION "she has done a good work for me" *She poured it out on Jesus. It was an expression of her worship, adoration and devotion to Jesus.*
Vs 7: OPPORTUNE TIME "Me you do not have always" *She may not have had any other opportunity to make this sacrifice. It was now or never.*
Vs 8: HER OFFERING "she has done what she could" *She offered what she could. God is not expecting us to offer something we do not have.*
Vs 8: DIVINE PURPOSE "she has come beforehand to anoint My body for burial" *God brought forth a divine purpose out of this sacrifice, offering and worship, which the woman herself was probably not aware of.*
Vs 9: TESTIMONY TO OTHERS "what this woman has done will be told as a memorial to her" *God turned her sacrifice, offering and worship into a message of inspiration, a testimony, to many others. This was not something the woman imagined would come out of her sacrifice.*

Now apply these observations to myself.

Some may ask, is it OK to read "Daily Devotionals" or listen to Daily Devotionals? It is "OK", but we strongly recommend that you read the Bible.

Now some may ask how much time to spend in each discipline. Below is a simple example. Please note this is only an example and not a regiment that we are instructing you to follow. So, if you have about 1 hour, you may spend your hour like this:
1, Confession, Cleansing and Casting Cares Aside (5 mins)
2, Thanksgiving and Worship (5 mins)
3, Prayer - Pray in tongues. Pray for specific matters (20 mins)
4, Confession of the Word (5 mins)
5, Memorize Scripture (5 mins)
6, Meditative Bible Reading (20 mins)

Here are a few additional practices we can engage in, to continue our life of devotion through the day:
Listen to sermons on your phone.
Listen to worship songs.
Read good Christian books.
Do further Bible Study.

As you grow in knowing Him and are becoming strong spiritually, God can work through you to do His work.

Let's close with two Scriptures to encourage us.

Isaiah 50:4-5
4 "The Lord GOD has given Me The tongue of the learned, That I should know how to speak A word in season to him who is weary. He awakens Me morning by morning, He awakens My ear To hear as the learned.
5 The Lord GOD has opened My ear; And I was not rebellious, Nor did I turn away.

God is interested in waking us up morning by morning causing us to come and listen to Him. As we do, we are given "the tongue of the learned", that is, we are able to speak "a word in season", the right word, to those who are weary.

Daniel 11:32
... but the people who know their God shall be strong, and carry out great exploits.

As we know our God, we are strengthened to carry out great works for God's Kingdom.

Our Daily Devotion is not relegated to a set time of day or a set place in our prayer closet. Our life of daily devotion is really lived out through a consecrated lifestyle and the practice of His presence throughout the day. We will discuss this next Sunday.

SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads

LIFE GROUP STUDY GUIDE

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Sunday February 05, 2023

The is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation
To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our sermons page . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome
The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word
Read the following Scripture references: *1 Timothy 4:7; 2 Peter 3:18; Matthew 4:4; Isaiah 50:4-5*

INVESTIGATE God's Word Together
Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

1, We recognize that we need to discipline or train ourselves in spending time in daily devotion. How can this time alone with God, become something we enjoy and not something we do because we feel we 'have to'.

2, Review the six practices/disciplines that were mentioned and discuss one or two benefits of each practice:

1, Confession, Cleansing and Casting Cares Aside
2, Thanksgiving and Worship
3, Prayer - Pray in tongues. Pray for specific matters.
4, Confession of the Word
5, Memorize Scripture
6, Meditative Bible Reading

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey
Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another
Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:
1, families to be protected and strengthened
2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.
3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.

Close by thanking God together.

USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.
YOUTUBE: https://youtube.com/allpeopleschurchbangalore
WEBSITE: https://apcwo.org/live

Our other websites and free resources:
CHURCH: https://apcwo.org
FREE SERMONS: https://apcwo.org/resources/sermons
FREE BOOKS: https://apcwo.org/books/english
DAILY DEVOTIONALS: https://apcwo.org/resources/daily-devotional
JESUS CHRIST: https://examiningjesus.com
BIBLE COLLEGE: https://apcbiblecollege.org
E-LEARNING: https://apcbiblecollege.org/elearn
WEEKEND SCHOOLS: https://apcwo.org/ministries/weekend-schools
COUNSELING: https://chrysalislife.org
MUSIC: https://apcmusic.org
MINISTERS FELLOWSHIP: https://pamfi.org
CHURCH APP: https://apcwo.org/app
CHURCHES: https://apcwo.org/ministries/churches
WORLD MISSIONS: https://apcworldmissions.org

SERMON OUTLINE

In this sermon we share simple practical ways to spending time alone with God and living a life of constant devotion to God. A life of devotion is a life of discipline. We maintain a life of daily devotion because our desire is to deepen our personal relationship with the Lord Jesus Christ. The more we know Him, the more we can love Him, worship Him, trust Him, obey, and honor Him in our lives. Another important reason we maintain a life of daily devotion is to grow or mature spiritually, in our inner person. This results in our person transformation into Christlikeness and brings about our spiritual equipping to serve God effectively. We discuss six practices we can engage in during our daily devotion:
1, Confession, Cleansing and Casting Cares Aside
2, Thanksgiving and Worship
3, Prayer - Pray in tongues. Pray for specific matters.
4, Confession of the Word
5, Memorize Scripture
6, Meditative Bible Reading

Our Daily Devotion is not relegated to a set time of day or a set place in our prayer closet. Our life of daily devotion is really lived out through a consecrated lifestyle and the practice of His presence throughout the day.

KEYWORDS

Daily devotion, daily quiet time, daily time with God, growing up spiritually, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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